

**CLAIMS:**

1. (Previously Presented) An exercise device comprising a solid body of elastic material and being substantially homogeneous throughout, said material comprising a visco-elastic urethane having quasi-liquid properties and substantially faultless memory, said body including a selectively curved continuous uninterrupted outer surface and having a major axis and a minor axis perpendicular to said major axis, said major axis coinciding with the maximum cross-sectional diameter of said body, said minor axis coinciding with the maximum cross-sectional diameter of said body in a plane perpendicular to said major axis, said plane dividing said body into first and second portions, said plane also dividing said maximum cross-sectional diameter into two unequal parts, the outer surface of said first portion approaching an angle of 90° with said major axis as said outer surface of said first portion approaches said major axis, the outer surface of said second portion also approaching an angle of 90° with said major axis as said outer surface of said second portion approaches said major axis, the curvature of said first and second portions being different so that said outer surface is symmetrical about said major axis and asymmetrical about its minor axis to define a generally egg-shaped outer surface.